



Engaging Early Learners with Ian Wallace

Accept unique learning style of every child

Children will learn in unique ways and at different rates. Children typically show splintered skills, each child having relative strengths and weaknesses. Kids learn at different rates, thus avoid getting trapped in “competitive mum syndrome”

Make learning fun and stimulating, not a chore

Look to buy fun and varied educational toys and games. Early learning should be fun and rewarding, not pressured or causing anxiety. Never force early learning to promote acceleration of skills.

Keep the learning environment relaxed and positive

Keep early learning positive, in a relaxed state. Give constant praise for trying and be willing to learn, not focusing on always being correct or perfect.

Promote diversity and variety in early development learning

Focus on diverse activities, such as drawing, using fingers, exercising, reading books, fine motor activities, language development. Game play and video games can also be used in moderation. Play is as important as is exposing to reading, books, counting and shapes.

Avoid rote memory training

Avoid programs that falsely try to accelerate learning or teach kids by repetitive, rote memory recall. Learning should be a fun, discovery, fluid process. Forcing early learning by memory recall is something your child may not be ready for.

Focus on social, emotional and educational development

Don't just focus on educational learning. Children need to learn social skills and to emotionally cope as much as they need to learn colours, count, read or develop language.



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When it comes to style, staying true to oneself is important. But sometimes we need a little help along the way. Ask yourself what needs improving or updating. Is it your skin? Does your hair leave you feeling flat? Is your make-up aging you? Do you need a wardrobe overhaul? Figure this out, and you'll know where to begin your makeover. With a few simple tips, you just might become the best you can be.

1. PREPARE TO WEAR

It's amazing how uplifting it is to occasionally pamper yourself. Whether it's a facial, massage, spray tan or pedicure, a small indulgence can do wonders for your self-esteem. After all, you are your own canvas. So, if your budget allows, invest in a professional treatment now and then and with so many fantastic do-it-yourself products available, perfecting the art of personal grooming in the comfort of your own home has never been easier.

2. IT'S ALL ABOUT THE HAIR

The fastest way to update your look is with a simple cut and colour. A good hair style should frame your face according to your facial structure. Hair colour should always compliment the tone of your skin to maximize your natural beauty and highlight your best features. So next time you're in the salon, talk it over with your stylist and try something different. You'll feel like a new person!

3. WAKE UP YOUR MAKE UP

It's so important to make sure your make-up isn't aging you. If you've been applying your make-up the same way for years, it may be time to re-evaluate your look. Throw out make-up that is stale and old. Shelf life depends largely on storage, but as a general guide discard mascara after: 3 months; foundation & concealer: 1 year; lipstick, lip gloss & lip liner: 1.5 - 2 years; powder, blush, bronzer & eyeshadow: 2 years.

4. THE EYES HAVE IT

They say they are the windows to the soul and often the first thing people notice, so it's important to frame them well. Shaped eyebrows instantly lift your face and draw attention to your eyes. Once they have been professionally done all you will need is some tweezers for some easy home maintenance. Heavy, black eyeliner can be harsh and aging to the eye, especially during the day, so opt for softer tones such as grey or charcoal and blend well for a more subtle effect.

5. KNOW YOUR BODY SHAPE



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In my opinion, this is the number one rule when it comes to dressing with style. Just because an outfit looks good on someone else, this does not mean it will suit you. We come in all shapes and sizes and defining what style and cut best suits you will make shopping for your shape a breeze. The good news is, these days there's something for everyone! Each season brings new trends, not all of which will suit you. Find a few that do at affordable prices, combine with classics and you will have the ultimate wardrobe.

6. CLASSIC IS TIMELESS

They may cost more now, but if chosen carefully will save you in the long run. Invest in clothes you can wear from season to season. From the LBD (little black dress) to a classic white shirt, these trusted favourites always look great and will be sure to give you your money's worth.

7. COMPLETE YOUR LOOK

Whether you choose a belt, bag, necklace, earrings, bangle, scarf or hat, the right accessory can transform your outfit from basic and boring to fabulously fashionable. Add the perfect pair of shoes and you can go from daytime chic to evening glam in no time at all. And ladies, in order to get the most out of your look good underwear is essential. Visible bra straps are sometimes frowned upon, but the VPL (visible panty line) will forever be a no-no!

8. FIND A FASHION FALL-BACK

Let's face it, we all have the occasional "fat day" and there's nothing better than having some emergency figure flatterers to help hide a number of sins. A floaty summer dress, empire or A-line tunic, or swing style coat can ultimately save the day. A faithful fashion fall-back is a godsend and will help you through those not-so-great days.

9. IF IN DOUBT, SEEK ADVICE

If you're not confident you can find your inner style on your own, bring in the professionals. After all, that's what we're here for! Westfield offer a variety of services including your very own personal stylist as well as beauty, hair & make-up experts. Personal Style Sessions range from one hour to an all day affair. Alternatively, you and some friends can really get into the spirit of things with a group booking for up to 4 people. The key is to make every appointment a lesson, so take notes, ask how to apply these techniques at home and learn how to do it on your own. That way you get the most out of your time and money.

10. LOVE THE SKIN YOU'RE IN

Trends may come and go, but self-confidence never goes out of style! So remember, dress to suit your personality, lifestyle and budget, wear it with confidence and your



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well on your way to creating your very own signature style – one that is sure to stand the test of time!

BONUS TIP: GET YOUR MOTOR RUNNING

An instant feel-good fix is to get your motor running! We all know that exercise is good for you and it doesn't need to be a chore. Whether it's a brisk walk or a dance class, anything that gets your blood pumping will immediately release endorphins, increase your metabolism and improve muscle tone. So find an activity you like, you can get together with friends and who knows you might even enjoy yourself! 😊